



Three-Bean Soup with Canadian Bacon



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



123 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 ounces canadian bacon diced finely
- ☐ 2 cloves garlic
- ☐ 4 cups chicken stock see low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion diced
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 large zucchini cut into small dice 2 cups

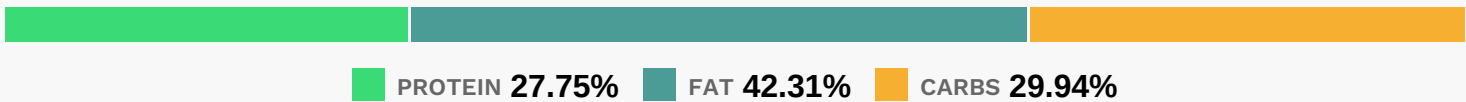
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a saucepan over medium-high heat.
- ☐ Add onion and cook until soft, 6 minutes.
- ☐ Add garlic and cook an additional minute.
- ☐ Add zucchini and cook, stirring, 34 minutes.
- ☐ Add stock, beans, salt and pepper, and bring to a boil, Reduce heat and simmer over very low heat until slightly thickened, 15 minutes.
- ☐ While soup is simmering, spray a skillet with nonstick cooking spray and cook bacon until crisp, 3 minutes.
- ☐ Divide soup among 4 bowls and top each bowl with 1 tablespoon crisped bacon.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.24, Inflammation Score:-4, Nutrition Score:8.5000000207321%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 123.23kcal (6.16%), Fat: 6.21g (9.56%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 8.34g (3.03%), Sugar: 4.04g (4.49%), Cholesterol: 7.09mg (2.36%), Sodium: 352.69mg (15.33%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.17g (18.34%), Vitamin B3: 4.54mg (22.69%), Vitamin C: 17.88mg (21.68%), Potassium: 528.62mg (15.1%), Phosphorus: 150.02mg (15%), Vitamin B6: 0.28mg (13.87%), Manganese: 0.24mg (11.96%), Vitamin B1: 0.16mg (10.95%), Vitamin B2: 0.18mg (10.81%), Copper: 0.19mg (9.57%), Folate: 27.61µg (6.9%), Fiber: 1.55g (6.2%), Magnesium: 23.9mg (5.97%), Selenium: 4.12µg (5.89%), Iron: 1.03mg (5.74%), Vitamin K: 5.97µg (5.69%), Vitamin B12: 0.33µg (5.52%), Zinc: 0.78mg (5.19%), Vitamin E: 0.64mg (4.27%), Calcium: 36.09mg (3.61%), Vitamin A: 163.12IU (3.26%), Vitamin B5: 0.3mg (2.98%), Vitamin D: 0.4µg (2.65%)